

Ada's Success Story – ME/CFS for 13 Years

I am still amazed that the Lightning Process worked and I am off medication and completely symptom free. I love this new healthy feeling. It is hard for me to believe that I was so very sick for so long just a short time ago.

When I was 13 years old I had my first kiss, which resulted in Mononucleosis. After several months and seemingly endless tests I was told I had Chronic Fatigue Syndrome. I spent the next 13 years of my life struggling with this illness. I watched my siblings go to school, hang out with friends, and go on road trips. I watched them do all the other things healthy teenagers do but I couldn't because of how sick I was. By last year the pain was so bad I couldn't get round the house without knee braces. I was on multiple painkillers, Alzheimer medication, and 3 other prescriptions to help manage my symptoms. I saw at least two doctors a week and was still getting worse. Last spring was the first time during my illness I didn't even attempt to take a single course in school; it was just too much.

This August after learning the Lightning Process I went to work at a theatrical summer camp with my siblings. My first day there I was running around off medication and pain free. Many of the campers knew me from my short visits in the past and were excited I was able to run around and not just sit around watching.

Working the summer camp was amazing. I was waking up and helping campers start their day at 7:30am and still awake at midnight attempting to get the campers to go to sleep. I didn't nap or need someone else to teach a workshop for me. I taught cooperative games that required running. I taught theater improvisation. I costumed campers for a production and reorganized the costume collection. I was worn out by the end of the day, just like the rest of the staff. However, when I woke up I was ready to start each day.

At the concluding staff meeting I got to hear each of the other staff members wonder and amazement. They were very happy with everything I had done and were amazed that I had managed to do any of it. My siblings told me they had been waiting for a long time to get their sister back and were overjoyed to finally have me working at camp with them.

Some of the campers and my friends have given me the nickname Phoenix because of how I have risen back to life after being nearly consumed by illness. Thank you Geoff for giving me the opportunity to learn the Lightning Process and come back to life. I had missed it dearly.